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Dealing with Unhappy Feelings

1. **Check your feelings.**
   - "I feel _____."
   - "I need to get calm" or "'I'm okay."

2. **Get calm.**
   - Take three deep breaths. Between each breath, say two or three short words that remind you to get calm.

3. **Check your feelings again.**
   - If you are still not calm, start with Step 1 again in a private place.

4. **Tell yourself something encouraging.**

5. **Do something that will help you deal with unhappy feelings.**

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